

Silver Good Practice Award

The Blue Court Dental Centre was first accredited with the British Dental Association's **Good Practice award** in 2002 and now has gained the **top prestigious silver membership** status for continued excellence.

We continue to demonstrate compliance with the high standards of care set out in the scheme, so we are quite rightly proud of our achievement. By meeting the requirements of the scheme, we aim to provide the best care for our patients.

Expanding our expertise

Dr Dixit is a full member of the **British Academy of Cosmetic Dentistry** (BACD). The BACD aims to promote clinical excellence through **continuing professional development**. To be a full member Dr Dixit has demonstrated relevant continuing education in the field of cosmetic dentistry. The BACD aims to help its members to **improve the quality of service** they offer by meeting with other cosmetic dentists to share ideas, knowledge and experiences. Members also attend conferences which focus on the latest issues, and offer useful help and advice.

Dr Dixit also enjoys advancing his skills by **attending training courses**. He has recently completed a comprehensive year long course in cosmetic dentistry and advanced restorative dentistry run by the **highly acclaimed Chris Orr**.

All of this means that at the Blue Court Dental Centre we are able to offer a full range of the very latest treatments to enhance your smile. We can straighten, reshape and lighten teeth, repair chips or cracks and replacing missing teeth.

Tooth whitening is a popular treatment. The pictures here show the type of transformation that is possible. This patient was treated by Dr Dixit and was delighted with her new whiter, brighter smile.

Please ask us for more details about how we can enhance your smile – we'll be happy to help.



Facial rejuvenation

Botox® is well-known for its wrinkle-removing effects. It is now one of the top-selling non-surgical cosmetic treatments in the UK, and continues to gain in popularity.

It works on **facial lines** that have been caused by repeated muscle movements, such as frown lines, lines across the forehead and crow's feet around the eyes.

The procedure is effective and simple. Botox® is injected in tiny quantities, and with a very small needle, directly into the muscles being treated. It relaxes the muscles, so they are no longer habitually contracting. This means the lines caused by the muscle movement are significantly reduced or erased.

Your face will **look smoother, younger and more relaxed**, potentially taking years off your appearance.

As a dentist, Dr Sonal Patel has a good knowledge of the facial anatomy and is experienced in administering injections so you can be sure you are in very good hands.

If you would like to find out more please call and book a **FREE consultation**.



Mouth cancer

If you ever suffer from mouth ulcers that don't heal, white or red patches, or any other unusual changes in your mouth, come and see us straight away – it could save your life. These are the main **early symptoms of mouth cancer**. Early diagnosis can improve your chances of survival from 50% to nearer 90%.

We look for signs of anything suspicious in your mouth and throat when we carry out your **regular check-up**. If we do spot any potential problems, we will let you know immediately and advise you to see an oral surgeon.



Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.
© This newsletter is written & produced by Blue Horizons Ltd., 122 Bath Road, Cheltenham, GL53 7JX • www.bluehorizonsdental.co.uk

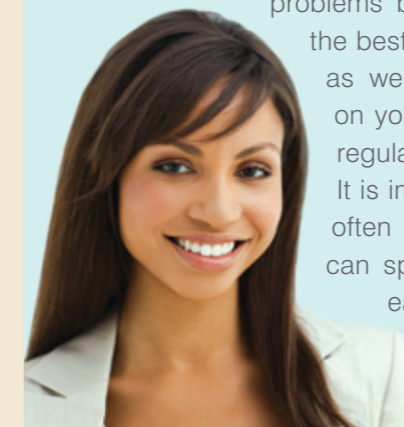
Blue Court Dental Centre
201 Watford Road, Harrow, Middlesex HA1 3UA
t/f: 020 8904 9440 w: www.bluecourtdental.com



blue court smiles

Prevention is better than cure

At the Blue Court Dental Centre, our focus is very much on preventive dentistry – helping you to avoid problems by giving sound advice on the best way to care for your teeth, as well as keeping a close eye on your teeth and gums through regular check-up examinations. It is important that you see us as often as we recommend so we can spot any potential problems early and save you time and unnecessary expense.



If you would like to make an appointment we would love to see you. Just give us a call to arrange a suitable date and during your appointment we can answer any questions you may have.



In this issue...

- Beckham's smile is a winner
- Exercise to keep your teeth

Special lollipop fights decay

We usually recommend patients to steer clear of lollies, but now a dentistry professor has invented a lolly that fights tooth decay. Available in the United States, the orange flavoured lolly contains a liquorice extract which kills the primary bacteria that cause tooth decay.



Why your medication matters

We are often asked why we need to know about patients' medical conditions and what medication they are taking. The simple answer is that it helps us treat you safely.

We need to know any regular medications you take, and any others that you have taken recently. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

This helps you and us avoid any potential problems. For example, some antibiotics can make the contraceptive pill less effective, so you will need to take extra precautions for a while.

Knowing your medical history helps us understand any signs and symptoms seen in your mouth, and help you with any side-effects from your medication. These can include common issues such as dry mouth or ulceration.

In some cases, we spot signs of illnesses that you are not unaware of, and can advise you to see your doctor. **If your health or medication changes, please do let us know, or give us a call so we can update your records.**



Beckham's smile is a winner!

British football icon David Beckham has one of the best celebrity smiles in the world, according to a new survey.

He was beaten to the prestigious top male smile spot only by film star Brad Pitt, and in fact was the only non-film star to be awarded the accolade.

The survey was carried out among members of the American Academy of Cosmetic Dentistry, who voted actress and super model Eva Mendes' smile the most gorgeous and glamorous of them all.

These days it isn't just high-earning celebrities who can have fantastic smiles. Modern techniques and materials mean that anyone can have their smile enhanced, often at a much smaller cost than they might think.

Tooth whitening can have a big impact on your smile and your confidence, lightening teeth and helping to erase stains caused by smoking or drinking tea, coffee or red wine. And because teeth tend to darken with age, having lighter teeth can also make you look younger!

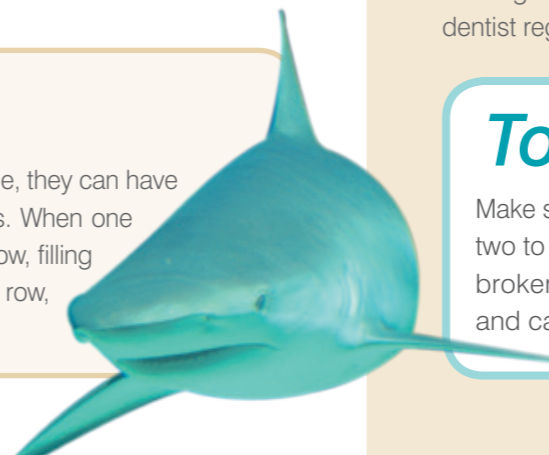
Other treatments include dental veneers, which can disguise a number of imperfections, and dental implants which are strong, realistic replacements for one or more missing teeth.

To find out how you could have a winning smile, please call us to book a consultation.



Sharks' teeth

It's no wonder sharks are so widely feared – at any one time, they can have up to 300 teeth! The teeth are arranged in about five rows. When one is damaged or lost, all the teeth behind it move forward a row, filling the gap at the front. A new tooth then grows in the back row, so the shark is never left toothless.



'Exercise to keep your teeth'

Experts say that people who don't exercise, are overweight and have unhealthy eating habits have a greater chance of developing advanced gum disease and losing their teeth.

A new study shows those who stayed fit and healthy were 40% less likely to develop the condition. Now the British Dental Health Foundation is urging people to take better care of themselves.

Chief Executive Dr Nigel Carter said: "People see the health of their mouth and the health of their body as two very different things, but it is becoming increasingly clear that this just isn't the case.

"We already know that poor oral health can have a negative effect on the rest of your body, and the fact that gum disease increases your chances of developing heart disease, heart attacks, diabetes, strokes and low birth weight babies needs to be taken very seriously indeed."

Other ways of helping to avoid gum disease include brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth and around the gumline, cutting down on sugary food and drinks and visiting the dentist regularly.

Top tooth tip

Make sure you replace your toothbrush at least every two to three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.

